

AIRLIFT **Dispatch**

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437th Airlift Wing, Charleston AFB, SC

Friday, November 1, 2002

17 AS crews fly USO tour

Robin Williams entertains military members deployed to Middle East, Europe

By LT. COL. ED MEMI
437 AW PUBLIC AFFAIRS

Two 17th Airlift Squadron aircrews recently flew world-famous comedian and actor Robin Williams as part of a United Service Organization Celebrity Entertainment Program morale tour for deployed forces in Turkey and Afghanistan.

Williams, accompanied by his long-term manager Dave Steinberg, was picked up in Rome Oct. 12 and flown by a C-17 to Incirlik AB, Turkey. During the visit, he met with forward-deployed personnel, family members and deployed members of Operations Northern Watch and Enduring Freedom. He also performed a one-hour comedy show and signed several thousand autographs.

After Incirlik, the Charleston crew flew Williams to a forward deployed area, where he traveled on another aircraft to Bagram and Kandahar Air Bases in Afghanistan, as well as other OEF forward operating locations. He was picked up again Oct. 20 at another location, by the same 17 AS aircrew

and flown to Frankfurt, Germany, where another C-17 aircrew took over and flew Williams back to Travis AFB, Calif.

The augmented 17 AS aircrew that picked up Williams in Rome consisted of Capt. Jake Hartigan, Capt. Kevin Kotula, Capt. Chris Cuniff, Master Sgt. Don Eagle and Airman 1st Class Mike Coleman. The flying crew chief was Staff Sgt. Joe Sanagustin.

"He was impressed by the C-17 and how big it was when he got on-board," said loadmaster Eagle. "He added that it seemed much larger inside than looking at it from the outside."

Williams spent most of the three-hour flight to Turkey on the flight deck.

"It was a private show the entire time, and my face hurt from laughing so much," said aircraft commander Hartigan. "He has a very blue sense of humor, and I probably can't share any of the jokes he told us."

"His manager was just as funny as he was," added Cuniff. "They played off each other perfectly. They have been doing this for a long time; the timing and setups for each joke were perfect."

See **WILLIAMS**, page 3



Photo by Senior Airman Tammy Grider, 1 CTCS

Pumpkin pickin's

Hayley Dunaway tries to take her pumpkin home from the Boone Hall Plantation pumpkin patch while on a field trip hosted by the Family Child Care program. Hayley is the daughter of Tech. Sgt. Andy Dunaway, 1st Combat Camera Squadron, and his wife, Cheryl.

CAFB to prevent flu bug from 'biting' with vaccine

By AIRMAN STEPHANIE HAMMER
437 AW PUBLIC AFFAIRS

As the flu season approaches, the 437th Medical Group is making arrangements to offer treatment opportunities to all members of the Team Charleston community.

According to Capt. David Newman, 437 MDG Public Health officer in charge, Charleston AFB was in priority-one status.

"Right now, we're giving shots to mission-

critical personnel, which of course includes aircrew and people deployed," said Newman. "It also includes Defense Eligibility Enrollment Reporting System enrollees 65 years and older."

Newman also said people under the age of 65 who have a prescription from their provider saying they need the flu vaccine can get the shot.

All other active-duty personnel can expect to receive the vaccine sometime soon.

"We anticipate vaccinating the rest of the active-

duty population in early November," said Newman. "We haven't gotten the full complement of the vaccine yet, but we're expecting it by mid-November to vaccinate everyone else in early December. Giving the vaccine in early December still pays big benefits. Peak flu season is January-March."

For further information about influenza or the vaccination program, people should contact their provider or call the Public Health Office at 963-6962 or the Immunizations Clinic at 963-6714.

Warrior Spirit: Everyone, every day -- anticipating and preparing for future missions.

COMMENTARY

Commander's Comments

By COL. BROOKS BASH
437 AW COMMANDER

News from above

Gen. John Handy, commander of U.S. Transportation Command and Air Mobility Command, was very complimentary of Team Charleston during a recent commander's conference at Scott AFB, Ill. He was very proud of the work our command is doing.

He recognized the importance of Air Mobility Command and the things that we bring to the fight. We could not have done what we did in Afghanistan, he explained, without AMC and the C-17.

Today, we have 806 Charleston airmen deployed, which is about 22 percent of the wing. With a high operations tempo across the command, Gen. Handy canceled Exercise Operational Readiness Inspections and Rodeo 2003. His objective is not to artificially increase the number of deployments. We must continue to occasionally practice our mission with exercises, but adjust the schedule based on operations tempo.

Military Family Month

Gen. Handy also emphasized the need to care for our people and their families. By doing so, they will take care of the mission. The Air Force designated November as Military Family Month. Our airmen have been repeatedly called to trouble spots around the world. This call to duty has often resulted in family separations for months. Families of military members who remain at Charleston also endure family separations due to long duty hours in support of those who were deployed.

Families are the heart of the Air Force! We need to reach out and take care of families. Please ensure there is a support system within your squadron or division and someone is actively offering help to the families left behind. Likewise, with the upcoming holidays, I encourage everyone to take as much time as possible to be with your families.

To read more about the challenges families face and some of the activities planned for Military Family Month, see the article on page 13 of the *Airlift Dispatch*.

Logistics Standardization and Evaluation Program

Headquarters AMC recently provided a relative rating for the Logistics Standardization and Evaluation Program team visit in July. We received an overall rating of Excellent. The compliance-oriented inspection evaluated our logistics processes. We were very close to receiving an overall outstanding rating. The 437th Airlift Wing command post, 437th Supply Squadron, 437th Transportation Squadron and 437th Aerial Port Squadron received outstanding ratings. Congratulations to everyone for their hard



Photo by Staff Sgt. Corey Clements

Col. Brooks Bash, 437th Airlift Wing commander, gives Maj. Rick Williamson, 437th Operations Group, his Air Mobility Command Flying Instructor of the Year award.

work!

Charleston people doing great things

We honored our wing quarterly award recipients on Tuesday. Receiving top honors as the "best of the best" were **Airman 1st Class Diana Fraticelli**, 437th Operations Support Squadron (airman category); **Staff Sgt. Pamela Smith**, 437 AW Public Affairs (NCO category); **Master Sgt. Paul Legg**, 437th Civil Engineer Squadron (Senior NCO category); **1st Lt. Richard Grab**, 437th Comptroller Squadron (Junior Company Grade Officer category); **Capt. Paul Brown**, 437th Maintenance Squadron (Senior CGO category); **Senior Airman Ryan Thompson**, 437 APS (Honor Guard category); **Mark Johnson**, 437 CES (Civilian category 1); and **Kenneth Gregory**, 315th Aircraft Maintenance Squadron (Civilian category 2). Congratulations to all nominees and especially to the winners!

Special congratulations to the graduates of the NCO Professional Development seminar this week. The four-day program provides staff and technical sergeants additional training before their next Professional Military Education School. Thanks for taking the time to further develop your NCO leadership skills.

Safety

I have some good and bad news about our recent 21st Air Force Safety Staff Assistance Visit. The bad news is they observed 42 percent of our people not wearing seat belts while driving government vehicles. This is not acceptable. Seat belts save lives. Remember to put your seat belt on first before putting any vehicle into motion.

The good news is that we are doing a great job with safety. The team said our confined space and online mishap reporting programs were examples that other wings should follow. Overall, we achieved high marks from the 21 AF team. HQ AMC will conduct a safety inspection Dec. 9-12. I know you will make our safety program even better. Have a good weekend!

AIRLIFT Dispatch

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IN THE NEWS

Base program provides free care

STORY AND PHOTO BY AIRMAN 1ST CLASS AMY PERRY
437AW/PUBLIC AFFAIRS

The Extended Duty Child Care program is available here to provide free childcare for military members working temporary extended hours.

Dual military couples are eligible when one member is deployed and the other works late hours and weekends.

Under the EDC Care program, parents who are deployed for more than 30 days are also eligible to receive 16 hours of free childcare when they return.

The childcare, offered by two Air Force-contracted providers, will be free, at least until the end of the year.

Sherian Vickers, Family Child Care coordinator, said the program has been around for a while, but wasn't always free.

"When it first started out, it was \$2 an hour, but after Sept. 11, it was made free for all military members," said Vickers.

Designed for temporary changes in duty hours, the EDC Care program covers additional hours beyond the typical 40- to 50- hour workweek, said Vickers. When people find out they have to work extended hours, they should call the Family Child Care office to determine if they are eligible.

"This is not for permanent changes in hours," said Vickers. "We can't help if you are switching from dayshift to nightshift."

If the duty hours change is only temporary, paperwork must be filled out by a supervisor to prove the duty hours are extended, said Vickers.

The provider will pick up children who are already in a Charleston AFB childcare program, such as the Child Development Center, Youth Center or another FCC provider's home, said Vickers. Parents will be responsible for bringing children to the provider's home if they are in childcare off base.

Vickers said while children are at a provider's home, they will be able to participate in several activities, such as creative art, cooking experiences and everyday life skills.

Keri Norris, an EDC Care provider, said she helps because she's been in a difficult situation before.

"When I had my son, my husband was going TDY often, and I was going to school," said Norris. "I had to rely on my friends a lot for help, so I try to offer the care for people who need it."

Norris, who also is a FCC daytime provider, said she enjoys the EDC Care program, because it gives her the chance for more one-on-one time with the children.

Vickers said the program is good for people who need it, especially while it's free.

"It's important to remember it's only for temporary situations," said Vickers. "It's not for regular daycare, and it's not a permanent childcare arrangement."



Keri Norris, a Family Child Care provider, spends time with Darien Cope, son of Senior Airman Sharon Saxon, 437th Operations Support Squadron. Cope is in the Extended Duty Child Care program.

WILLIAMS

continued from page 1

The aircraft also hauled opportune cargo for OEF.

"The USO opened up the aircraft at every stop for cargo," said Kotula.

He added that Williams passed out DVDs, t-shirts and CDs to the deployed troops.

"They were new releases, and they weren't even his movies," Kotula said. "He gave them what they really wanted."

Upon landing at Incirlik AB, Williams was swamped by people.

"Every place we went, there were large crowds waiting for Robin Williams," said Cuniff.

He added many commanders and news media were waiting at every stop. Williams was putting in some very long days.

"He became one of the crew," Cuniff said. "He even referred to us as his crew."

"He spent the majority of his time with the people on the ground,"

said Hartigan.

Hartigan explained that Williams did an entire week of shows in Afghanistan and had some very long flight times, to include an eight-hour flight to Frankfurt and 15-hour flight to Travis AFB.

"Despite getting mobbed at every location, he was always happy and chipper, signing anything people asked him to and taking pictures with people and still joking around," Hartigan said. "I actually felt bad for Robin Williams. It never entered into people's minds how tired this guy might be and how much he had been doing this."

"It is kind of amazing how much more support you get when you have someone famous on-board," Hartigan joked. "Our flying crew chief was top notch and did a superb job on the aircraft. The USO commander provided us great personalized attention."

Kotula said Williams would hang out and sign as many autographs as people wanted before his show that evening. The aircrew watched

his show in Incirlik.

"A lot of his jokes are situational," Kotula said. "He picked up most of his jokes from what he saw when touring the base. Many of his jokes hit home for the people. He even joked about the audible warnings in the C-17 to the crowd and talked about the unattractiveness of the person behind that voice."

During the flight over, Williams had said he wanted to do a USO show earlier, but had to cancel it because of concerns over security.

"It was obvious to us that he does care about the people deployed and what we are doing for our country," Kotula said about Williams. "There is no doubt in my mind that he wasn't doing this trip for publicity."

"He always made a point of trying to greet that sort of star struck airman sitting in the back," said Eagle. "He tried to meet everyone."

The crew said Williams is well read and brilliant, and that what is seen on TV is the type of person he really is.

"He spoke Russian, Italian, and

French. There was nothing you could talk about that he wouldn't have a pretty good knowledge of," said Cuniff. "He was familiar with all the 'Stans' and the current events going on over there."

Cuniff's fellow crew members agreed.

"He is obviously well-read, even about the military. There were so many things he knew about military aircraft that I didn't even know," Kotula added. "He prefers to be funny and is absolutely hilarious."

"He commented to me that another USO tour had many famous people on it and that this one only had him," Kotula explained about Williams's modesty. "He would say 'I'm not a star.' He doesn't think of himself as the elite in Hollywood. He didn't demand anything or expect anything."

"I wish the rest of our passengers were like him. He was appreciative of everything he got, including box lunches," Kotula added.

NEWS BRIEFS

Spotlight

Retirement: The 437th Aircraft Maintenance Squadron is hosting a retirement ceremony for Tech. Sgt. William Singleton Nov. 8, 11 a.m., at the Charleston Club. For more information, call Master Sgt. Leonard McIver at 963-5508.

Around the base

Trail: The 437th Civil Engineer Squadron Environmental Flight will be hosting an open house at the base Natural Resource Awareness Trail today. For more information, call the Environmental Office at 963-4976 or 963-4020.

Hockey: A military appreciation night at the Stingray's game is scheduled for Saturday, 7:30 p.m., at the North Charleston Coliseum. Col. Brooks Bash, 437th Airlift Wing commander, will be dropping the puck. Tickets are \$7, and parking is free. Pick up tickets at the Outdoor Recreation Center or the Coliseum box office with a military identification card. For more information, call the ORC at 963-5271.

Parenting class: The clinic will offer a free six-session parenting class starting Nov. 12 and meeting for six consecutive Tuesdays, 6:30-8:30 p.m. To register, call Jim Hernandez at 963-5064.

SOF: The Introduction to Special Operations Course will be held Nov. 14-15 at Charleston AFB. The course will include case studies geared toward in-depth analysis of special operation missions. For more information, contact Joyce

Weber at DSN 579-4731.

Gift-wrap: The 437th Mission Support Group is looking for organizations to participate in the BX gift-wrapping booth. If interested, send a representative to the meeting Nov. 14, 10 a.m., at the 437 MSG conference room, Bldg. 1600. Gift-wrapping will be the day after Thanksgiving until Dec. 24, and will be done for donations only. For more information, call Senior Master Sgt. Allan

Harris at 963-2202.

Base hockey: The Charleston AFB Hurricanes ice hockey team is looking for players. Tryouts will be held Nov. 18, 11:30 a.m., and Nov. 20, 6:30 a.m., at the Carolina Ice Palace. There is a \$7 fee per player for the ice time. The season starts in the middle of January and runs through the beginning of April. All active-duty CAFB members with full equipment are welcomed to try out. For more information, call Tech. Sgt. Norman Hill at 963-4675, or Staff Sgt. Jason Smith at 963-5537.

Clinic: The Naval Weapons Station Branch Clinic will now be open weekends and holidays, 8 a.m.-4 p.m. This includes pharmacy services. Operating hours Monday-Friday will remain the same, 8 a.m.-8 p.m.

Palace Envoy: Senior NCOs are needed for a military liaison team in Albania. MLTs are composed of team members from all branches of the service. This opportunity for career broadening is open to active-duty, Reserve and Guard members

who have a high level of interpersonal skills, flexibility and self-discipline. Volunteer packages must be submitted before Nov. 17. For more information, call Master Sgt. Ronnie Cullum at 963-4504.

White House: All U.S. citizens are eligible to apply for the White House Fellowship Program. There are no restrictions for age, sex, race or physical requirements. Military personnel are encouraged to apply as this program enhances executive development. Please contact the Military Personnel Flight Customer Service at 963-6375 for application procedures and further information.

Overpricing: The Zero Overpricing Program's goal is to eliminate overpricing incidents where the Air Force pays more for an item than it's worth. Monetary awards are also available through the Air Force Suggestion Program when an overpricing incident is identified and approved. To report an instance where an item's price isn't fair and reasonable, contact the Wing Zero Overpricing Monitor at 963-4826.

Charleston Warrior of the Week

Senior Airman Matthew Smith 437th Aerial Port Squadron

Senior Airman Matthew Smith is a member of the 437th Aerial Port Squadron. Smith is currently deployed as a member of the 455th Expeditionary Operations Group, Bagram AB, Afghanistan, where he works as load team member.

"I drive forklifts and k-loaders here," said Smith. "At Charleston AFB, working mobility flight is my main job, so I'm doing some different things here."

Since he's a member of the mobility flight at home, Smith said he's used to being deployed because it's part of his job.

The Kinston, N.C., native recently was named Airman of the Month for October at Bagram AB. That makes him the first aerial porter to win the award. Master Sgt. Gary Wilson, 455 EOG ATOC chief, can't say enough good things about Smith.

"He's been absolutely outstanding," said Wilson. "He gives his all in everything he does, and I always know I can count on him."

Although Smith said he misses his wife, Airman 1st Class Daniela Smith, 437th Aircraft Maintenance Squadron, he would still be missing her, even if he were home, because she's currently deployed to Rhein Main AB, Germany.

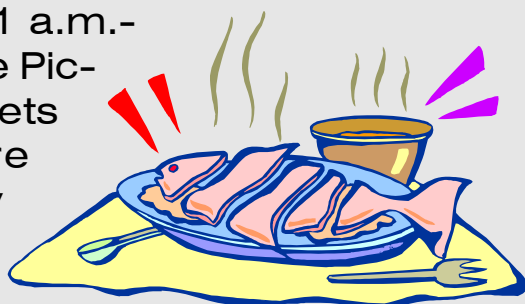
Smith said when he first arrived at Bagram AB, it was almost impossible to get a hot meal, and conditions were less than average. However, improvements are being made every day, and Smith said things are getting better.



Photo by Staff Sgt. Jason Smith

CAFB Chiefs' Group to host fish fry today at picnic grounds

The Charleston AFB Chiefs' Group is holding a fish fry today, 11 a.m.-1 p.m. at the Base Picnic Grounds. Tickets are \$5 and are available from any chief master sergeant.



NEWS

EMSG manages base power requirements

Group finds ways to make base agencies energy conscious

By AIRMAN STEPHANIE HAMMER
437 AW PUBLIC AFFAIRS

Prior to one of the hottest summers on record, Team Charleston found a way to minimize base electric power requirements.

Charleston AFB established the Energy Management Steering Group last April to help make various organizations more energy conscious.

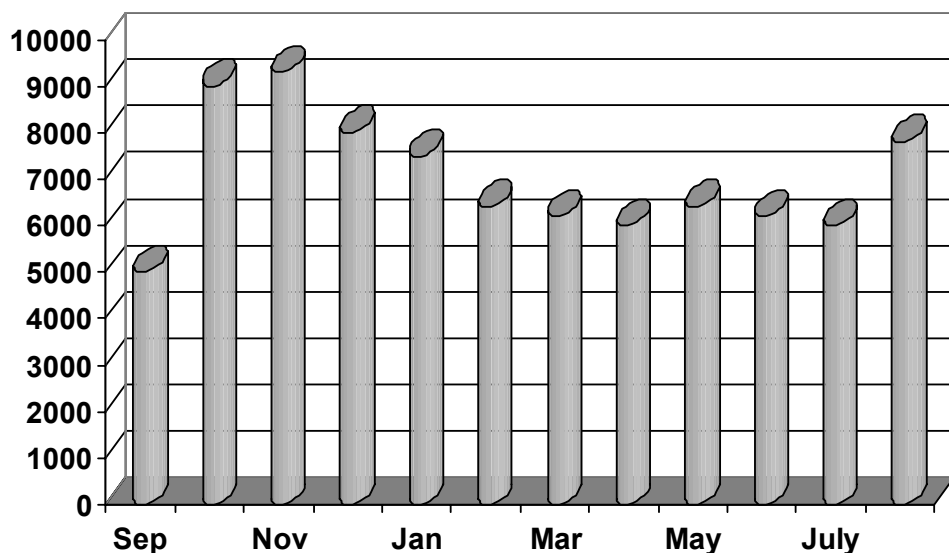
The EMSG is headed by Col. Karl Young, 437 AW vice commander, and coordinated and assisted by the 437th Civil Engineer Squadron Energy Management Section.

"Energy conservation is the responsibility of all Air Force personnel and is best accomplished through a team effort," said Darrell Guidry, 437 CE base energy manager.

According to Guidry, CAFB established an EMSG to coordinate and oversee base energy conservation efforts.

"Membership in the EMSG consists of designated representatives from units across the wing with

Mega-watt hours of billed energy for CAFB 2002



Source: 437th Civil Engineer Squadron

Graphic by Staff Sgt. Melanie Streeter

energy consumption patterns as varied as the missions they perform," said Guidry. "This arrangement gives energy management and conservation topics attention at the base senior leadership level."

The EMSG is ultimately in charge of recommending energy conservation actions and policies to the base commander. In an effort to mainstream the base energy program and make groups more energy conscious, Guidry said the EMSG recruits assistance for energy con-

servation efforts from an assortment of base organizations.

"The EMSG is a good forum in which to propose and evaluate ideas relative to energy conservation," said Guidry.

"If anyone has one or more energy saving ideas, you can either come to the next EMSG meeting or advise your squadron or unit energy steering group representative so he or she can subsequently introduce your ideas at the next EMSG meeting," he continued.

According to Guidry, this past summer was the hottest summer on record since the 1930s. During June, July and August, energy advisories were posted on several days.

"Team Charleston fully supported the energy conservation actions necessary to minimize base electric power requirements during the peak demand on those days," said Guidry. "Furthermore, additional industrial facilities' air conditioning systems were placed on automatic load shedding in an effort to further reduce peak demand."

According to Guidry, any time CAFB exceeds the maximum amount of kilowatt power provided by the local electric company, they are charged higher electricity rates. To prevent the extra charges, the base uses the demand-limiting reduction system to shut off certain air conditioning systems, reducing the amount of energy the base uses.

"With five large new construction and renovated buildings coming online, energy management is adjusting contracted maximum power allowances to handle these additional energy requirements," said Guidry.

The next EMSG meeting will be Nov. 5, 1:30 p.m., at the wing conference room.

AMC changes pet policy

By CYNTHIA BAUER
AMC PUBLIC AFFAIRS

Passengers traveling on permanent change of station orders between the United States and overseas bases on Patriot Express flights now have the opportunity to move more than the authorized two pets per family.

Cindy Rothenbach, program manager for Patriot Express with AMC's Logistics Directorate, said 15 days prior to flight departures, if pet spaces are open, they will be available for passengers to move additional pets.

Rothenbach explained the procedure.

"Passengers need to contact their local transportation office to request additional space or spaces," she said. "In turn, the transportation office will ... arrange for the additional space. After booking, the transportation office will print out a confirmation for the passenger. The passenger will be required to present this confirmation to the passenger terminal personnel ... to move these additional pets."

Tops in Blue to perform in Charleston

Tops In Blue returns to Charleston Nov. 10, 7:30 p.m., for a night of free family entertainment at the North Charleston Performing Arts Center.

Laura Abell, 437th Services Squadron Marketing director, said the whole family will enjoy Tops In Blue.

"It's always a great family show," said Abell. "It should be very interesting this year because it is centered around a patriotic theme."

The 2002 edition, *Spirit Of America*, is a 90-minute medley of songs that will take the audience on a musical journey across the country on a train called the *Spirit Of America*. From New York down to Miami and Detroit to Texas, the show includes big-band swing, hot latin sounds, down-home country music, hip-hop, pop and the popular finale featuring "God Bless The U.S.A."

"Tops in Blue is the Air Force's premier entertainment showcase," said Tom Edwards, show producer and chief of Air Force Entertainment. "The new 2002 team is a reflection of the 'best of the best' performers throughout the Air



Photo by Airman 1st Class Lynne Neveu

Tops in Blue performers entertain audiences around the world. The group will visit Charleston Nov. 10.

Force."

For more show information, contact Abell at 963-3809. **(Information for this article was taken from a Tops in Blue press release.)**

CAFB facilities to become smoke-free by Dec. 7

Club, bowling alley to kick the habit, provide family-oriented environment

By **AIRMAN 1ST CLASS AMY PERRY**
437AW PUBLIC AFFAIRS

All Charleston AFB facilities will become smoke-free Dec. 7, due to an executive order signed by President Bill Clinton in 1999 making all federal buildings smoke-free.

The three-year phase-in period allowed club and bowling alley patrons to smoke in designated areas. All other facilities changed to smoke-free in 1999.

Laura Abell, 437th Services Squadron marketing director, said the smoke-free policy should make the environments more family-orientated. Secondhand smoke won't be an issue in any services facilities.

Abell said other than making the facilities more family-oriented and patron-friendly, the businesses may also see an increase in profits.

"It's going to make a difference in our business," said Abell. "There are instances of increased business at other bases' facilities that are smoke-free. A lot of businesses on the outside have experienced an increase in customers when they went smoke-free. We should see the same increase."

About half of the 4,000 chemicals in tobacco smoke are found naturally in the tobacco leaf. The other half are created by the chemical reactions when tobacco is burned. A few more are added during drying, and for flavor. Many of these chemicals together form a sticky black residue known as "tar."

Here are just a few of the more dangerous poisons in tobacco smoke:

- | | |
|------------------|------------------|
| ■ acetone | ■ lead |
| ■ ammonia | ■ mercury |
| ■ arsenic | ■ nickel |
| ■ benzene | ■ phenol |
| ■ cadmium | ■ styrene |
| ■ cyanide | ■ toluene |

The new policy could not only increase business, but also keep patrons healthier.

According to a 1986 Surgeon General's Report on The Health Consequences of Involuntary Smoking, children are at risk when exposed to secondhand smoke.

"When compared with the children of non-smoking parents, children of parents who smoke

have more frequent respiratory infections, more respiratory symptoms and slower development of lung function as the lung matures," according to the report.

Children are particularly vulnerable to secondhand smoke, according to the American Cancer Society Web site. Secondhand smoke can trigger asthma episodes and can make asthma more severe in children who already have asthma. The risk of infants dying from Sudden Infant Death Syndrome increases five times if he or she is exposed to secondhand smoke in the room.

Secondhand smoke affects adults also, according to the ACS Web site. Each year it is responsible for 35,000 to 40,000 heart disease deaths in nonsmokers, 3,000 lung cancer deaths in nonsmoking adults, 150,000 to 300,000 lower respiratory tract infections in children younger than 18 months of age and other respiratory programs in nonsmokers.

For smokers looking for a way to quit, the Health and Wellness Center offers Tobacco Cessation classes with medications to aid the road to not smoking. For more information, call 963-4007.

Muslims to celebrate Ramadan

By **CHAPLAIN (CAPT.) JOHN SHIPMAN**
437AW PROTESTANT CHAPLAIN

Ramadan is a time when Muslims concentrate on their faith and spend less time on the concerns of their everyday lives.

Ramadan is celebrated in the ninth month of the Muslim calendar. In the United States, Ramadan will begin on Nov. 6 and end on Dec. 5. It is during this month that Muslims observe the Fast of Ramadan.

Lasting for the entire month, Muslims fast during the daylight hours, and in the evening eat small meals, and visit with friends and family. It is a time of worship and contemplation; a time to strengthen family and community ties.

As part of the Islamic religion, Muslims have five duties they must perform called the Five Pillars of Faith: the profession of faith, the giving of alms, a pilgrimage to Mecca, prayer five times a day and fasting during Ramadan.

With thoughts turning to Sept. 11 whenever Islam is spoken and radicals calling our nation to hatred, people should remember the words of President George W. Bush.

During his presidential address in November 2001, Bush said, "The Islam that we know is a faith devoted to the worship of one God, as revealed through The Holy Qu'ran. It teaches the value and importance of charity, mercy and peace. And it is one of the fastest growing religions in America, with millions of American believers today.

"The American Muslim community is as varied as the many Muslim communities across the world," he continued. "Muslims from diverse backgrounds pray together in mosques all across our great land, and American Muslims serve in every walk of life, including our armed forces."

The president recognizes the tremendous impact that Muslims continue to have in the nation and that they are essential for freedom.

The Holy Qu'ran says: "Piety does not lie in turning your face to the East or West. Piety lies in believing in God. (2:177)."

Combat Camera Photo of the Week



Photo by Tech. Sgt. Scott Reed, 1 CTCS

On patrol

Following early morning bombing missions, the pilot of a F-18 Hornet maintains steady control of the aircraft during an aerial refueling mission with a KC-135R from the 319th Air Expeditionary Group.

FEATURE

Handling separation:

When members are called to duty, families learn to cope

By **AIRMAN STEPHANIE HAMMER**
437 AW PUBLIC AFFAIRS

Separation is most often defined as cessation of cohabitation between a married couple by mutual agreement or judicial decree, but what does separation really mean to the families of Team Charleston?

Time and time again, members of Charleston AFB have answered the call to duty, separating themselves from their families for weeks, months or even years at a time.

Even the high operations tempo has left families "separated" due to longer duty days.

"We try to contact every person at least once during a deployment," said Master Sgt. Richard Gilmore, 437th Mission Support Squadron Family Readiness non-commissioned officer in charge.

"And not just married couples," he continued. "For single people, we can contact their parents, no matter where they are."

According to April Liggon, wife of Staff Sgt. Robert Liggon, 437th Medical Group, separation isn't always easy, but definitely manageable thanks to the many helpful agencies found around the base.

"It gives me the opportunity to get out of the house and talk to other parents," said Liggon. "It gives you a little bit of a break."

This isn't the first time Liggon has been separated from her spouse.

"It's definitely easier the second time because I know what to expect now," said Liggon, "and there's always someone there (at the Family Support Center) to talk to you and make you feel like you're not alone."

Gilmore agreed and said, "It gets a little easier with people who have spouses who have (deployed) a lot because they don't have to start from scratch."

Also separated from her spouse is Michelle Bloss, wife of Tech. Sgt. Gerald Bloss, 437th Civil Engineer Squadron.

"I don't have kids yet," said Bloss, "but

there are programs that are still helpful to me.

"With the Sip-n'-Chat, I'm with other people who are in the same scenario that I am," she continued. "We're there for the same reason."

Compared to other bases, Bloss also said that other FSCs couldn't compare to CAFB.

"I think the FSC is great," said Bloss. "They make sure you know the programs you have available to you. They're there for you if you need them."

According to Gilmore, the Family Readiness position at the FSC was started in 1997.

"Basically, my job is to stay in touch with families," said Gilmore, "and to just be here when they need me."

In honor of military families, CAFB is recognizing the importance of their dedication and support by designating November as the Military Family Month with a wide range of programs offered by various base organizations.

Base programs offered during Military Family Month

CAFB honors military families during November with an array of special programs

Family Advocacy

For more information or to make reservations, call 963-6504.

■ Baby steps support group: Tuesdays, 1-2 p.m.

■ Anger management workshop: Nov. 14 and 21, 10:30 a.m.-noon.

■ Common sense parenting class: six consecutive Tuesdays, 6:30-8:30 p.m., beginning Nov. 12.

■ Baby steps support group every Tuesday, 1-2 p.m.

Family Support Center

For more information or to make reservations, call 963-4406.

■ Resume I workshop: Tuesday, 9 a.m.-noon.

■ Coping with holiday stress: Thursday, 1-2:30 p.m.

■ Investing for beginners: Nov. 8, 1-3:30 p.m.

■ Education opportunity assistance: Nov. 8, 10 a.m.-1 p.m.

■ Sip n' Chat "Holiday Resources": Nov. 18, 6 p.m.

■ Covey's "The 7-Habits of Highly Effective AF Families" seminar: Nov. 19-20, 8:30 a.m.-3:30 p.m.

Services Squadron

For more information or to make reservations, call 963-3809.

■ Give Parents a Break program: Saturday, 1-6 p.m.

Auto Skills Center

Advanced registration is required for the following programs. For more information or to make reservations, call 963-4942.

■ Eligible families may purchase their oil and filter at the Auto Skills Center and get one hour of lift time free, Tuesdays, 10 a.m.-4 p.m., Wednesdays, 3:30-6:30 p.m., and

Saturdays, 10 a.m.-3 p.m.

■ Auto skills orientation: a free guide through general maintenance concerns.

■ New driver vehicle orientation: For drivers getting their permit or license for the first time.

■ Know your car: More in depth than new driver orientation.

Charleston Club

For more information or to make reservations, call 963-3914.

■ Family night: Tuesdays, 5-7 p.m. The program is open for base-wide participation during MFM.

Gaylor Dining Facility

For more information, call 963-3590.

■ Will host a traditional Thanksgiving dinner for eligible patrons Nov. 28, 11 a.m.-2 p.m., and 4-6 p.m.

Child Development Center

For more information or to make

reservations, call 963-4366.

■ Family portrait collage: Through November, families with children enrolled at the CDC are asked to bring in pictures of their family members to be displayed.

Skills Development Center

For more information or to make reservations, call 963-4936.

■ Critter creations: Thursdays, 9 a.m.-noon, and 1-4 p.m.

■ Ceramic Christmas tree: Tuesdays and Thursdays in November, 9 a.m.-noon, and 1-4 p.m.

Youth Programs

For more information or to make reservations, call 963-4366.

■ Free parent and child CPR class: Nov. 16, 9 a.m.-2 p.m., at the Youth Programs Center. All those who take the class must be at least 13-years-old. Call Kathyann Hopkins at 963-5684 to register.

NEWS



Students from the MacDill Aeronautical Academy of Robinson High School wash one of the three aircraft at the MacDill AFB, Fla., Memorial Park.

U.S. Air Force photo

Students learn more than '3Rs' at MacDill Aeronautical Academy

By **TECH. SGT. CHRIS MILLER**
6AMW PUBLIC AFFAIRS

Since this school year began, some students at Robinson High School, near MacDill AFB, Fla., are learning more than reading, writing and arithmetic

Seventy students, mainly ninth- and 10th-graders, are enrolled in the MacDill Aeronautical Academy where they are getting a head start on becoming pilots, mechanics or engineers while learning about flying and aircraft.

The MacDill Aeronautical Academy, a joint effort between Robinson High School, MacDill and the aviation industry, looks to motivate and encourage student exploration in areas of science, math and technology through learning opportunities in the aeronautical industry.

"We at MacDill are extremely proud to be a part of this initiative and are committed to making this academy a model program for other military installations and communities to emulate," said Brig. Gen. Wayne Hodges, 6th Air Mobility Wing commander.

The program isn't for everyone though. Participants need a 3.0 grade

point average and a spotless disciplinary record. Two teachers must recommend them, and they must write an essay explaining why they want to be enrolled.

Once enrolled, they take normal high school classes, but for 90 minutes each day they also take classes such as theory of flight and history of aviation.

Ninth-grader James McCoy said he wants to become a fighter pilot.

"This is an opportunity to begin working toward becoming a pilot," he said. "We're learning the basics of flight right now, but I know later on we'll get more involved in flying."

According to instructor Mel Carr, a retired Air Force pilot, this program gives the students a chance to explore the world of aviation.

"It gives them choices," he said. "We want to expose them to the military and show them the opportunities available."

Yvonne Martinez, 10th-grader, wants to be an aircraft mechanic.

"I wanted to try something new," she said after touring a C-37 on MacDill's flight line. "I've learned a lot already and look forward to continuing."

Chapel schedule



107 Arthur Drive

Office: Monday-Friday, 7:30 a.m.-4:30 p.m.

Phone: 963-2536.

After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services: *Saturday* - 4 p.m. Reconciliation, 5 p.m. Mass. *Sunday* - 9:30 a.m. Mass, 9:30 a.m. Children's Church. *Weekdays* - 11:30 a.m. Mass. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex.

Protestant Services: *Sunday* - 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. *Sunday* - 9:30 a.m. Contemporary Worship Service in Bldg. 217 (old Chapel).

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405. Phone: (803) 254-9048.

Orthodox: Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston, S.C. Phone: 577-2063.

Jewish: Call Jewish Lay Leader, David Sirull, at 571-3264.

Islamic: Al-Jami Ar-Rasheed, 1998 Hugo Ave., Charleston Heights, S.C. Phone: 554-1773.

Movie schedule

Admission: 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.



Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.

Today, 7:30 p.m.

"Swimfan" – Jessie Bradford

Ben has it all: friends, a terrific girlfriend, and he's on a fast-track to an athletic scholarship, until the new girl in town, Madison, sets her sights on him. She becomes his most unexpected nightmare. **(PG-13) 90 minutes**

Saturday, 7:30 p.m.

"The Four Feathers" – Heath Ledger

In 1884, the nations of Europe were scrambling to divide Africa among themselves. A Muslim religious leader, Muhammad Ahmed, known as the Mad, led the Sudanese Arabs in a revolt against British rule, and General Charles Gordon was dispatched to quell the rebellion. **(PG-13) 130 minutes**

Nov. 8, 7:30 p.m.

"One Hour Photo: - Robin Williams

A young suburban family finds themselves the objects of obsession of an employee at their local one-hour photo lab after they drop some family photos off there. **(R) 98 minutes**

Have a little faith**WWII movie 'Kelly's Heroes' offers words of wisdom**

By MAJ. WILLIAM RUPP
437 MXS COMMANDER

One of the great movie characters of all time comes from "Kelly's Heroes," a film about a group of misfit World War II GIs. Oddball (Donald Sutherland) is a free-spirited soldier whose positive outlook directly contrasts that of his sidekick, Moriarty (Gavin MacLeod). As the plot progresses and Moriarty becomes increasingly negative, Oddball finally chastises him with the phrase, "Have a little faith, baby...have a little faith."

Unfortunately, there are plenty of Moriartys out there resisting the good our military and political leaders are attempting to accomplish ... and too many of them do not fully understand the things our airmen do to protect those freedoms Americans hold so dear. To those folks who aren't so sure, I repeat Oddball's admonishment: "Have a little faith!"

What I mean by "faith" is the trust that our leadership is making wise decisions; it is also the belief that all Air Force members will do the job right, every time. Our success as a nation and as an organization depends upon it.

Sure we make mistakes, but someone is always there to pick up the load and make it happen. It's what we do so well, and it's what makes us such an amazing Air Force! If you're still not sure, have a little faith.

Do you realize our Air Force does incredible things no other can even hope to match? We launch a bomber from the states, hit a target half way around the world, and return to base, having never touched the ground! That

worth repeating

The rest of the world knows it...no one comes close. If you're just not sure, I'm telling you it is so ... just have a little faith.



—MAJ. WILLIAM RUPP
437th Maintenance Squadron commander

amazing capability is unparalleled by anything our friends or foes can accomplish. And within hours of putting bombs on target, we airdrop food and medical supplies to succor victims of the violence. With these capabilities we deter aggression, press the attack at the time and place of our choosing, and save lives — all at the same time. The rest of the world knows it...no one comes close. If you're just not sure, I'm telling you it is so ... just have a little faith.

At an individual level, having faith in our fellow airmen becomes even more critical. Regardless of someone's Air Force Specialty Code, he or she is a vital Air Force team member, and we must expect, and have faith, that each member will get the job done right. In our business, a 90 percent success rate is not good enough ... 90 percent means one out of every ten engines inspected could have damaged fan blades, or it means one out of every ten missions doesn't get its cargo where and when it's desperately needed. In our

business we've got to get it right 100 percent of the time. To succeed, we must have faith that our personnel are properly trained, have the right tools and have the desire to do the job right. We have to trust that the five-level signing off that maintenance task has properly diagnosed the malfunction, and we must have faith that the unit is taking care of our families while we are deployed. Well, that five-level is well trained ... she's one of the best in the world. And your families are safe and awaiting your return. If you don't quite believe that's the case ... try having a little faith.

Do you have that faith? Do you realize those folks you see at the gym every day may hold your life in their hands? Do you appreciate what they do? I do. I get to work with the finest maintainers in the world — active, Reserve, Air Reserve Technicians, civilians, contractors — professionals whose dedication removes any doubt in my mind that we are part of something great ... that our Air Force is absolutely second to none! I believe in what we do. I believe that our country promotes a level of freedom that is unique. And I believe that it is our fine men and women in uniform who help make that freedom possible. For those of you who didn't need convincing, thanks! I'm proud to serve with you. For those of you who still aren't on-board, who don't see how much of a difference our Air Force makes, who aren't sure if our military and political leadership are on the right track, don't listen to Moriarty; take a tip from Oddball: "Have a little faith, baby...have a little faith."

Base plans activities for Native American Heritage Month

In honor of Native American Heritage Month, Charleston AFB will hold a picnic at the base picnic area on Nov. 15.

The picnic will be geared for a fun time of food and activity for the family to recognize Native Americans with guest speakers, special Native American grass dance, and activities such as archery, horse riding, and flint napping.

The picnic is scheduled for 3-6 p.m. Tickets are free for children 12 and younger and \$5 for everyone over 12.

What began as an effort to gain a day of recognition for the significant contributions made by the first Americans to the establishment and growth of the United States resulted in a whole month being designated for that purpose.

The first Native American Day was declared on the second Saturday in May 1916 by the governor of New York. Many states followed with proclamations similar to that of New York celebrating different days in recognition of Native American Day. In 1990, President George Bush approved a joint resolution designating November as "Native American Heritage Month."

It is estimated more than 12,000 Native Americans served in the United States military in World War I.

Approximately 600 Oklahoma Native Americans, mostly Chotaw and Cherokee, were assigned to the 142nd Infantry of the 36th Texas-Oklahoma National Guard Division. The 142nd saw action in France and its soldiers were

widely recognized for their contributions in battle.

The outbreak of World War II brought many Native Americans back to the defense of the country.

More than 44,000 out of a population of less than 350,000 served with distinction between 1941 and 1945 in both the European and Pacific theaters of war.

In addition, more than 40,000 Native American people left their reservations to work in ordnance depots, factories, and other war industries.

Native American veterans were joined with newly recruited Native Americans to fight in the Korean conflict.

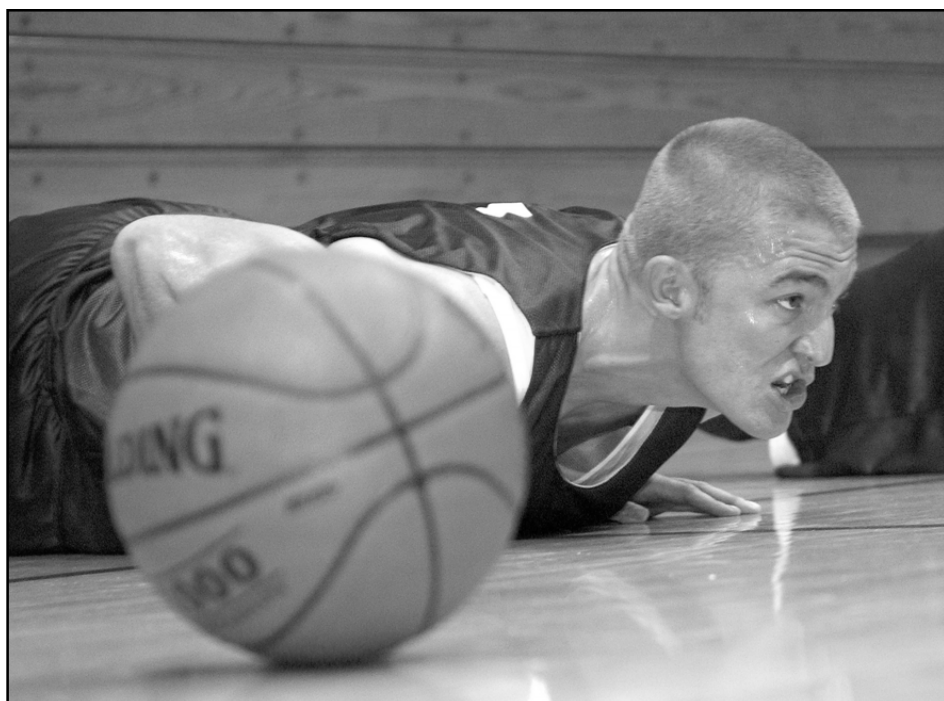
Their strong sense of patriotism and courage once again emerged during Vietnam where more than

42,000 Native Americans, more than 90 percent of them volunteers, fought Communist aggression. Their contributions continued throughout the 1980s and 1990s as many Native Americans served their country in conflicts including Grenada, Panama, Somalia, and the Persian Gulf.

There are nearly 190,000 Native American military veterans. It is important to note historically Native Americans have the highest record of service per capita when compared to other ethnic groups. It is their distinctive cultural values that drive them to serve their country.

(Information in this article was taken from www.ihc.gov/ Public info. The article was submitted by the Native American Heritage Council.)

SPORTS & FITNESS



Dennis Mack, Offutt AFB, Neb., does pushups after the team did not complete a drill correctly at the 2002 Air Force Basketball Training Camp.



Aubrey Quarles, Robins AFB, Ga., drives the lane against Earl Mitchell, Pearl Harbor, Hawaii, during the 2002 Air Force Basketball Training Camp here. The Camp is designed to find the best individuals to represent the Air Force on the basketball court and in the community.

2002 ALL-AIR FORCE BASKETBALL TRAINING CAMP

More than 30 airmen from across the Air Force are at Charleston AFB for the 2002 All-Air Force Basketball Training Camp.

The 30 will be narrowed down to 12 who will go on to compete as the Air Force team at the Armed Forces Basketball Tournament Nov. 11-16 at Fort Hood, Texas.

The team is playing Charleston Southern University at the Fitness and Sports Center today, 2 p.m.

Jones skins competition

BY THE SWAMI

PIGSKIN PROGNOSTICATOR

Tony "Hail to the Redskins" Jones sailed through week eight with a 12-2 record, winning out over Bill Kersting's 11-3 record.

The competition wasn't as close as it appears, since Jones had the victory wrapped up Sunday night. Both he and Kersting picked the same Monday night winner.

Jones has idolized the Swami for years and finally decided to try to beat the Swami. It was Jones' first week and the Swami has to admit it was an impressive week for the newcomer.

Jones is a diehard Redskins fan and said that is what carried him through this week. The Swami said he better not count on them too much because they are not going far. Jones' record was the second best this year.

The Swami has been quietly climbing the rankings ladder lately. Don't count the Swami

out of this. The Swami usually likes to see other people win beside himself all the time.

Remember week one when the Swami went 16-0? It was the only perfect week this year. Where's the competition?

The "Ugly Award" (for the person with the worst picks) goes to Chuck Capps. Capps had no competition for the worst record at 5-9. Way to go! Congratulations! You the man!

Jeff "Dr. Jeckyl" Hyde sent in some comments about the Swami picking 62 points for last week's tiebreaker. He thought the Swami was from another planet and told the Swami to go pick flowers instead of football games. Well guess what? The Swami sent Dr. Jeckyl some pretty flowers this week for his losing picks.

The best television this weekend comes from not being able to watch the Panthers. The Swami is sick of seeing these "local losers" on television every week. Thankfully they have a bye week! Maybe we can see some real teams.

Week Nine

Name/Phone #: _____

Comments: _____

Sunday, Nov. 3

Cincinnati @ **Baltimore**

New Orleans @ Carolina

Detroit @ **Green Bay**

New York Giants @ **Minnesota**

Indianapolis @ **Philadelphia**

Atlanta @ **Pittsburgh**

San Diego @ St. Louis

Houston @ **Tennessee**

Seattle @ **Arizona**

Washington @ **Jacksonville**

New England @ **Chicago**

Kansas City @ San Francisco

Miami @ New York Jets

Monday, Nov. 4

Oakland @ **Denver**

Monday night total points: _____

Swami's Monday night points: **44**

Send your picks to: Swami@charleston.af.mil or drop them off in Bldg. 1600, Room 224 by **Friday, Nov. 8, 4 p.m.**

EPHEDRA: Does risk outweigh benefit?

By CAPTAINS ALLEN SPROUL AND SEAN SCHUMM
HAWC

There will be a class dedicated to information about Sports Supplements Nov. 7, 11:30 a.m., in the Fitness Center classroom to help people choose the right supplements.

It's no secret that the dietary supplement industry is booming. There are countless products on the shelves, advertised on TV, radio or in magazines, which make a variety of claims. Many people wonder if these supplements really work. However, an even more important question is, are they safe?

Ephedrine alkaloids are one particular set of compounds whose safety has been recently called into question. The most common source of ephedrine alkaloids found in dietary supplements comes from the plant genus *ephedra*. There are several species of ephedra commonly referred to by the names ma huang, desert herb, joint fir, popotillo, sea grape, teamster's tea and yellow horse. Other compounds that contain ephedrine alkaloids include epitonin, ephedrine and Phenylpropanolamine (PPA), which is a synthetic ephedrine alkaloid that is currently banned from over-the-counter sale. Ephedrine alkaloids are stimulants that act upon the cardiovascular and central nervous systems. In many products, the ephedrine

alkaloid source is paired with other natural stimulants such as caffeine, guarana, or Kola nut.

Many herbal products containing ephedra are marketed with claims to promote weight loss, increase energy, or enhance athletic performance. Most ephedra products are marketed as "fat burners" and/or "energy enhancers". Many of the claims made regarding the benefits of ephedra remain unproven. There have been several short-term (10 weeks or less) clinical trials conducted on small numbers of subjects, that have shown small, albeit statistically significant, reductions in body fat, however, there is little data regarding its long-term effectiveness or safety. Larger, well-designed clinical trials are needed to prove or disprove the true effectiveness of ephedra for weight loss.

Regardless of overall effectiveness, the more pressing issue involves the safety of ephedra containing products. Consumers often mistakenly believe that just because a product is on the shelf for sale, then it must be safe for consumption. Unfortunately, this is not always the case.

The FDA does monitor and record "adverse events" associated with the use of dietary supplements. To date, the FDA has received over 900 reports of adverse events related to ephedra use. The mild side effects of ephedra

use include nervousness, headache, insomnia, dizziness, palpitations, and skin flushing and tingling. More severe effects include hypertension, cardiac arrhythmias, tachycardia, heat-related illness, stroke, heart attack, seizure and sudden death. Some side effects can be more severe if ephedra is combined with a caffeine source, PPA or antihistamines. Currently, the FDA is unable to determine a safe single and total daily dose of ephedrine alkaloids.

Many adverse events have been associated with ephedra use despite the consumer sticking to the "recommended" dose as printed on the product's label. An inherent problem within the supplement industry is that there is no standardized dosing among dietary supplements.

Although not currently banned for consumption by Air Force policy (only Hemp, Hemp oil products, and anabolic steroids are prohibited), the risks of choosing to take an ephedra containing product should be considered. To report adverse effects of ephedra products to the FDA, go to <http://www.cfsan.fda.gov/~dms/ds-rept.html>

Call 963-4007 to register for the Sports Supplements class. For other questions or additional information regarding ephedra or any other dietary supplement, call Capt. Sean Schumm at 963-7099.